



Minding Your Health

Chester County's Mental Health Newsletter

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July 2017



L to R - Commissioner Terence Farrell, Gary Entrekin, Commissioner Kathi Cozzone

Gary Entrekin, Chester County MH/IDD Administrator, Retires

There was not one, but two party themes for Gary Entrekin's retirement on Thursday, July 6: Phillies baseball and Beatles music. Not only did the event give a nod to Entrekin's love of sports and music, it honored the departing MH/IDD Administrator for his 42 years of service in the Chester County government, recognized his many accomplishments, and celebrated his humanitarian spirit.

"He's a salt of the earth kind of guy," said Joan Baker Potts, one of the many speakers at the event, held at the Government Services Center. "Gary believes in people, every one of us," she said.

In addition to Baker-Potts, who spoke on behalf of the MH/IDD staff, Commissioner Kathi Cozzone thanked Entrekin for his dedication, and Commissioner Terence Farrell presented Entrekin with a citation for his years of service. Long-time friends stepped to the podium to recall Entrekin's devotion to the people he served, his advocacy and leadership.

[Click to continue the article and for photos of the event.](#)



The Value of Vacation

Don't let this summer go by without taking time to recharge and relax. Studies show many health benefits derived from taking time off work, yet many Americans don't use all of their allotted vacation time.

Vacation lowers stress, which relates to healthier cardiovascular systems, stronger immune systems, better sleep, improved relationships, and overall positive impact on our well being. Whether we take a few days to go to the beach, a long weekend to hike in the hills and camp in the mountains, or an extended stay away, we will return happier, healthier and more productive!



The Mental Health Association of Southeastern Pennsylvania has changed its name. Now **Mental Health Partnerships**, the 66 year old non-profit aimed at supporting individuals in recovery continues its work with a new [website](#) and renewed commitment to the region.

In Chester County, **Mental Health Partnerships** is the agency that runs Compeer, a program that matches adults with mental health conditions in one-to-one friendships with same-gender community volunteers. More information about Chester County's Compeer program is on the new [website](#).

From the Chester County Suicide Prevention (CCSP) Task Force

A Strategy to Move Forward & Save Lives

The CCSP Task Force began a strategic planning process in February of this year to address rising suicide rates, a major public health concern nation-wide. With the planning process now complete, group members have an energized approach and a streamlined focus. And, they are looking for more members.



What does CCSP do? In 2016, the group's trained and certified QPR (Question, Persuade, Refer) instructors delivered this nationally acclaimed suicide prevention program in Chester County to approximately 1,500 individuals, including almost 900 students in the West Chester Area School District. They held their 30th Liv Live musical concert to increase awareness of suicide, now taking more American lives than car accidents.

Plan to attend the next CCSP meeting on August 9 from 3-5PM at the Government Services Center in West Chester to learn about a new initiative, hear plans for upcoming events, and find out what everyone in the community can do to prevent suicide. Contact [Karen Chang](#) about becoming a member, or visit CCSP Task Force [website](#) for more information about the organization, and check out our [social media](#).

Chester County departments of Mental Health and Human Services are supporting the cause of suicide prevention. Last month the billboard below was one of the rotating messages on a digital billboard, located on eastbound Route 30. Similar ads are planned for other locations.



The billboard features a photograph of a woman on the left, talking on a mobile phone. To the right, the text reads: "We CAN Prevent Suicide" in white, with "CAN" underlined. Below that is the phone number "610-280-3270" in large yellow font, followed by "in Chester County" in white. Underneath is "or 800-273-TALK / Veterans Press 1" in yellow and white. At the bottom, in small white text, it says "Chester County MH/IDD & Chester County Suicide Prevention Task Force".



The quote on the website reads, *"One day we will live in a world where we won't have to call it brave when talking about mental illness. We'll just call it talking."*

So is the philosophy behind **this is My Brave**, a non-profit aimed at sharing stories and experiences of those in recovery. Now, in addition to the [website](#) and [blog](#), the group has launched a [YouTube channel](#) to help individuals tell their true, inspirational stories.

Do you have a heart...



...for helping others?

Child & Family Focus



Building Communities & Strengthening Families

Contact Us:

Chester County Respite Program

Child & Family Focus, Inc.

500 N Walnut Road

Kennett Square, PA 19348

Phone: 484-732-8459 ext. 44

Email:

neoqueron@childandfamilyfocus.org

Child and Family Focus, Inc., a non-profit social services agency invites you to help support families raising children with behavioral health needs by providing Respite Care. Compassionate individuals are needed to open their hearts, to care for children on a temporary hourly basis.

Pennsylvania residents living in Chester, Bucks, Delaware, or Montgomery Counties may commit to care for a child through our program, for as little as 12 hours per month in the child's home. Generous financial compensation and 24/7 on-call support is provided. For more information and to apply online please visit our website www.childandfamilyfocus.org

[Visit PA's Department of Human Services Website](#)

From information about the opioid epidemic and updates on legislation, to employment opportunities and links to new YouTube videos, PA's Department of Human Services serves individuals throughout the commonwealth. [Explore the website](#) to learn more about benefits and access to services, PA's priorities and much more.

Stay Connected!

Want to be more involved? **Chester County MH/IDD is looking for individuals to be on the MH/IDD Advisory Board.** [Contact us](#) for more information.

Pro-Act is a grassroots advocacy and recovery support initiative covering southeastern PA. Visit their website to learn about family education, recovery centers, volunteer opportunities and more.

Community Care Behavioral Health Organization provides members with Pat Deegan's [Recovery Library](#), an online resource with tools to help individuals get well and stay well.

[Are you a certified Mental Health First Aider?](#) Join this growing community of helping individuals by completing the free 8-hour course. Class fliers at [our website](#).

SAVE THE DATE - Hearing Distressing Voices is scheduled at the VA Medical Center in Coatesville on October 26 from 9AM - 12:30 PM.

Monthly support group meeting times are included in the monthly calendar of events, below.



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Click the Link Below

[Chester County Mental Health Monthly Calendar of Meetings and Events](#)



Chester County Department of Mental Health/Intellectual & Developmental Disabilities - www.chesco.org/mhidd
Chester County Commissioners
Candy Craig, Deputy Administrator



Like Chester County's Department of Human Services Facebook Page!